



Let's move! Join the 15-Day Dash

Let's move more, feel better and have some fun! Kentucky Employees' Health Plan members are invited to participate in a 15-day step challenge. **Registration is open September 1-14**, and our steps start counting September 15!

**15
DAY
DASH**

Watch for details (including registration instructions, prizes and answers to FAQs) in future email messages. Get a head start by registering with HumanaVitality and taking your health assessment. Go to LivingWell.ky.gov and click on the HumanaVitality login.

Once your assessment is complete, use your Vitality Bucks to get a pedometer or other device in the HumanaVitality online mall to track your steps.

[Learn more about the 15-Day Dash](#)

Get help with devices, and join the conversation.



Questions?
[Contact Us](#)



STAY CONNECTED:

